

# Individual Best Times (All Time)

Lauren Empson - (889007) - Rotherham Metro SC - 100 Freestyle - Short Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

| Time    | WA Pts | Round | Date     | Meet  | Venue        | Club Swam Under | Level |
|---------|--------|-------|----------|---|--------------|-----------------|-------|
| 1:03.47 | 496    | H     | 22/09/18 | Rotherham Metro A & B Short Course Graded Meet    | Sheffield    | Rotherham Mo    | 3     |
| 1:04.42 | 474    | H     | 22/10/17 | Yorkshire SA Winter Competition                   | Sheffield    | Rotherham Mo    | 2     |
| 1:05.27 | 456    | H     | 21/10/18 | Yorkshire Winter Competition                      | Sheffield    | Rotherham Mo    | 2     |
| 1:05.63 | 448    | H     | 16/12/17 | City of Leeds Xmas Meet 2017                      | Leeds        | Rotherham Mo    | 3     |
| 1:05.67 | 448    | H     | 15/07/18 | Rotherham Metro A & B Grade SC                    | Sheffield    | Rotherham Mo    | 3     |
| 1:06.06 | 440    | H     | 23/09/17 | Rotherham Metro 'A' & 'B' Grade Short Course Meet | Sheffield    | Rotherham Mo    | 3     |
| 1:06.58 | 429    | H     | 20/10/19 | Yorkshire Swimming Association Winter Competition | Sheffield    | Rotherham Mo    | 2     |
| 1:07.76 | 407    | H     | 16/07/17 | Rotherham Metro 'A' & 'B' Grade Short Course Meet | Sheffield    | Rotherham Mo    | 3     |
| 1:08.43 | 395    | H     | 07/07/19 | Rotherham Metro 'A' and 'B' Grade SC Meet         | Sheffield    | Rotherham Mo    | 3     |
| 1:10.26 | 365    | H     | 03/07/16 | Bo Barnsley Annual Summer Sizzler                 | Sheffield    | Rotherham Mo    | 3     |
| 1:11.56 | 346    | H     | 02/10/16 | Yorkshire SA Winter Competition                   | Leeds        | Rotherham Mo    | 2     |
| 1:12.46 | 333    | H     | 17/04/16 | Borough of Kirklees April Short Course Open Meet  | Huddersfield | Rotherham Mo    | 3     |
| 1:13.04 | 325    | H     | 24/09/16 | Rotherham Metro 'A' & 'B' Grade Meet              | Sheffield    | Rotherham Mo    | 3     |
| 1:16.94 | 278    | H     | 11/10/15 | Yorkshire Winter Competition                      | Sheffield    |                 | 2     |
| 1:18.48 | 262    | H     | 12/12/15 | City of Bradford Winter Meet                      | Shipley      |                 | 3     |
| 1:20.67 | 241    | H     | 19/09/15 | Rotherham Metro A & B Grade Short Course Meet     | Sheffield    |                 | 3     |
| 1:21.06 | 238    | H     | 18/07/15 | Rotherham Metro A & B Grade Short Course Meet     | Sheffield    |                 | 3     |
| 1:31.23 | 167    | H     | 13/12/14 | City of Bradford Level 3 Winter Meet              | Shipley      |                 | 3     |
| 1:41.61 | 120    | H     | 19/07/14 | Rotherham Metro A&B Grade SC Meet                 | Sheffield    |                 | 3     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet  | Venue     | Club Swam Under | Level |
|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 1:06.58 | 429    | H     | 20/10/19 | Yorkshire Swimming Association Winter Competition | Sheffield | Rotherham Mo    | 2     |
| 1:08.43 | 395    | H     | 07/07/19 | Rotherham Metro 'A' and 'B' Grade SC Meet         | Sheffield | Rotherham Mo    | 3     |
| 1:05.27 | 456    | H     | 21/10/18 | Yorkshire Winter Competition                      | Sheffield | Rotherham Mo    | 2     |
| 1:03.47 | 496    | H     | 22/09/18 | Rotherham Metro A & B Short Course Graded Meet    | Sheffield | Rotherham Mo    | 3     |

|         |     |   |          |   |              |              |   |
|---------|-----|---|----------|---|--------------|--------------|---|
| 1:05.67 | 448 | H | 15/07/18 | Rotherham Metro A & B Grade SC                    | Sheffield    | Rotherham Mo | 3 |
| 1:05.63 | 448 | H | 16/12/17 | City of Leeds Xmas Meet 2017                      | Leeds        | Rotherham Mo | 3 |
| 1:04.42 | 474 | H | 22/10/17 | Yorkshire SA Winter Competition                   | Sheffield    | Rotherham Mo | 2 |
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| 1:10.26 | 365 | H | 03/07/16 | Bo Barnsley Annual Summer Sizzler                 | Sheffield    | Rotherham Mo | 3 |
| 1:12.46 | 333 | H | 17/04/16 | Borough of Kirklees April Short Course Open Meet  | Huddersfield | Rotherham Mo | 3 |
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| 1:31.23 | 167 | H | 13/12/14 | City of Bradford Level 3 Winter Meet              | Shipley      |              | 3 |
| 1:41.61 | 120 | H | 19/07/14 | Rotherham Metro A&B Grade SC Meet                 | Sheffield    |              | 3 |